

## CLAIMS

We claim:

1. A method for preventing or delaying the onset of or slowing the progression of hypertension in a subject, said method comprising:  
administering to a subject a nutritional supplement including quercetin, wherein said supplement is administered in an amount effective in preventing, delaying or slowing the onset or progression of hypertension.
2. The method according to claim 1, wherein an amount effective in preventing, delaying or slowing the onset or progression of hypertension comprises a daily dosage of quercetin of about 15 mg to about 250 mg/kg of body weight.
3. The method according to claim 1, wherein said quercetin is present in an amount to provide a daily dosage of about 0.1 g to about 17.5g.
4. The method according to claim 1, wherein said supplement additionally contains other nutrients selected from the group consisting of vitamin B<sub>12</sub>, vitamin B<sub>6</sub>, non-flavonoid antioxidants, minerals and trace metals.
5. The method according to claim 1, wherein said supplement additionally contains a non-flavonoid antioxidants selected from the group consisting of selenium, vitamin E, vitamin C, niacin, beta-carotene and coenzyme Q10, or combinations thereof.
6. The method according to claim 5, wherein said supplement additionally contains a non-flavonoid mineral or trace metal selected from the group consisting of zinc, copper, magnesium, manganese, chromium, molybdenum, iron and calcium.
7. The method according to claim 1, wherein said supplement further includes one or more agents selected from the group consisting of a taste-improving agent, coloring agent, preservative, stabilizer, regulator and emulsifier.

8. The method according to claim 1, wherein said nutritional supplement is administered orally as a liquid.
9. The method according to claim 1, wherein said supplement is administered orally as a nutritional food.
10. The method according to claim 1, wherein said hypertension is an agent in the development of left ventricular hypertrophy.
11. The method according to claim 8, wherein said supplement additionally contains vitamin C or vitamin E.
12. The method according to claim 9, wherein said supplement additionally contains vitamin C or vitamin E.
13. The method according to claim 9, wherein said supplement is an energy bar.
14. The method according to claim 8, wherein said supplement is a beverage.
15. The method according to claim 1, wherein said supplement is administered in an amount effective in delaying the onset of hypertension.
16. The method according to claim 1, said method further comprising determining if a subject is suffering from hypertension or is prone to the development of hypertension.
17. The method according to claim 14, wherein said beverage is orange juice.

18. A nutritional supplement useful in aiding in preventing, delaying the onset of and/or slowing the progression of hypertension, said nutritional supplement comprising:

quercetin or a quercetin glycoside in an amount which provides a daily dosage of about 0.1g to about 17.5 g per day;  
a source of fat;  
a source of carbohydrate; and  
a source of protein, thereby providing a nutritional supplement which aids in preventing, delaying or slowing the onset or progression of hypertension.

19. The supplement of claim 18, wherein said supplement is formulated as a food or beverage.

20. The supplement of claim 19, wherein the supplement additionally contains another nutrient selected from the group consisting of vitamin B<sub>12</sub>, vitamin B<sub>6</sub>, non-flavonoid antioxidants, minerals and trace metals.

21. The supplement of claim 19, wherein said supplement additionally contains a antioxidant selected from the group consisting of selenium, vitamin E, vitamin C, niacin, beta-carotene and coenzyme Q10.

22. The supplement of claim 18, wherein said supplement additionally contains one or more compound selected from the group consisting of zinc, copper, magnesium, manganese, chromium, molybdenum, iron and calcium, or combinations thereof.

23. The supplement of claim 18, wherein said supplement further includes one or more taste-improving agent, coloring agent, preservative, stabilizer, regulator, emulsifier, or mixtures thereof.

24. The nutritional supplement of claim 20, wherein said nutritional bar further comprises a dietary fiber selected from the group consisting of soluble fiber, insoluble fiber, fermentable fiber, non-fermentable fiber and mixtures thereof.

25. The nutritional supplement of claim 19, where said nutritional supplement is in the form of a cookie.